# Pork

## HOW TO BUY · HOW TO COOK

0309
ca12
9-71
1975
c. 2

CANADA DEPARTMENT OF AGRICULTURE

## BUY WISELY

Approximate pounds of meat to buy for an average serving:

| | | | |
|---|---|---|---|
| Boneless roasts | 1/4 to 1/3 | Ground meat | 1/4 to 1/3 |
| Bone-in roasts | 1/3 to 1/2 | Cold cuts | 1/8 |
| Steaks | 1/3 to 1/2 | Liver | 1/4 to 1/3 |
| Chops | 1/3 to 1/2 | Kidneys | 1/3 |
| Stew meat (boneless) | 1/3 | Heart | 1/4 to 1/3 |
| Stew meat (bone-in) | 1/2 | Tongue | 1/2 |

The number of servings which can be obtained from a pound of meat depends on the amount of bone and fat, cooking loss and size of serving.

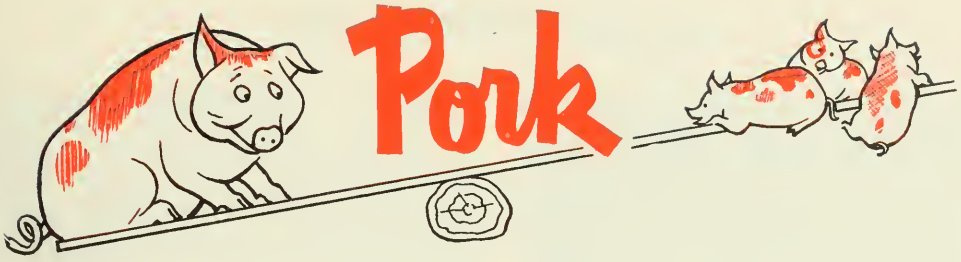
## STORE CAREFULLY

Approximate time to store:

| | in refrigerator at 40°F | in home freezer at 0°F |
|---|---|---|
| Roasts | 2 to 3 days | 4 to 5 months |
| Chops | 2 to 3 days | 3 to 4 months |
| Ground meat | 1 to 2 days | 2 to 3 months |
| Liver, Heart, Kidney, etc. | 1 day | 3 to 4 months |
| Cured, smoked meats | 6 to 7 days | 1 to 2 months |
| Sausages | 1 to 2 days | 2 to 3 weeks |
| Wieners | 2 to 3 days | 2 to 3 weeks |
| Cooked Roasts | 3 to 4 days | 2 to 3 months |
| Leftover casseroles, stews, etc. | 2 to 3 days | 1 to 2 months |
| Jellied meats | 1 to 2 days | - - - |

When storing meat in refrigerator, paper and transparent wrappings should be removed except from cured and smoked meats which may be stored in the wrapping. Fresh roasts should be wiped with a damp cloth, placed on a dry plate and covered loosely preferably with waxed paper. Cooked meat should be cooled, then tightly covered to prevent drying out and absorption of odors.

When freezing meat, wrap it tightly in special freezer wrappings. Do not refreeze meat which is completely thawed. Cook promptly to prevent spoilage.




PORK—fresh, cured or smoked—is a tender, juicy, flavorful meat. Because it is sold in so many different forms, it can be served often.

Pork is available the year round but is most plentiful and economical to buy during the fall and winter months.

Pork in the carcass is thoroughly chilled but not aged before cutting.

In Canada over a 5-year period (1954-58) three out of ten pounds of meat eaten were pork. During this period, the yearly consumption of pork averaged 48 pounds per person.

Pork rivals beef in popularity. Each year the consumption of pork and beef varies with the relative prices.

## Buying

Pork is not sold by grade on the retail market.

Good quality pork is firm and fine grained. The lean should be light, greyish pink in color and a deeper rose color in older animals.

The outer fat covering should be firm and white and there should be a good proportion of lean to fat. Pork cuts are usually trimmed and made fairly uniform before they come on the retail market.

The bones will be porous and slightly pink in color. The amount of bone in relation to meat is small.

Smoked hams and bacon may often be purchased according to brand names. Many companies have two or more brands which represent differences in quality. With hams, the differences are mainly in the amount of fat, type of cure, texture and weight; with bacon, in the proportion of lean to fat, uniformity of slice and type of cure.

Reprinted from Publication 971

"MEAT — How To Buy, How To Cook"

Complete copies of Publication 971 are obtainable from the Queen's Printer, Ottawa, at 50 cents each.

# FRESH PORK CUTS

## Leg - Fresh Ham *(Roast)**

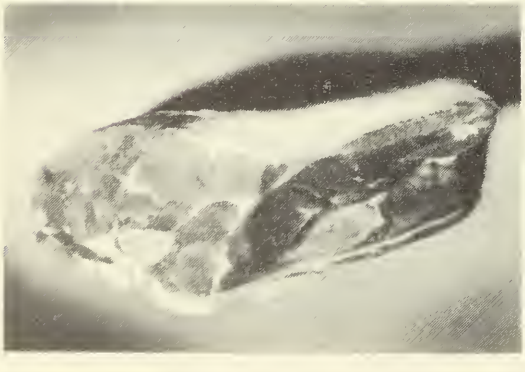
Leg may be left whole or divided into shank and butt. A meaty cut with a small amount of bone, usually sold with bone in. The outer fat layer is usually trimmed.

## Leg *(Roast)**

**(1) Shank**—The lower end of the leg containing shank and part of leg bone. **(2) Butt**—The upper, thicker part of the leg containing part of leg and hip bone.

## Leg - Fresh Ham Steak *(Panfry, Bake, Braise)**

Steak cut from the center part of leg, oval in shape, with a small round bone.

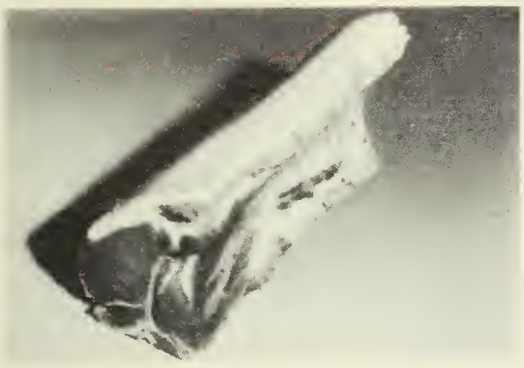


## Loin - Leg End *(Roast)**

The meaty part of the loin. Contains most of the tenderloin and some bone. Skin and most of surface fat is removed. May be sold as roasts or chops.

**Cooking Methods*

# FRESH PORK CUTS

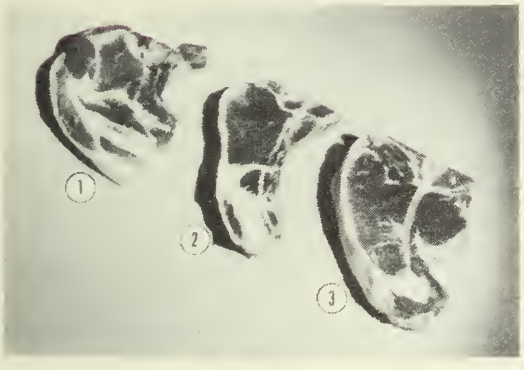


## Loin - Center Cut *(Roast)**

Less meaty than the leg end. Contains rib bone, T-shape bone and little or no tenderloin. Skin and most surface fat is removed. May be sold as roasts or chops.

## Loin - Rib End *(Roast)**

Contains rib bones, a portion of the blade bone and no tenderloin. Skin and most surface fat is removed. May be sold as roasts or chops.




## Chops *(Panfry, Bake)**

**(1) Rib, (2) Loin-center, (3) Loin-leg end** are cut from the three parts of the loin.

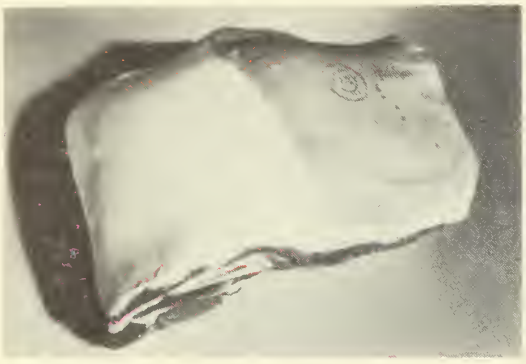
## Tenderloin

*(Bake, Braise, Panfry)**

Long, tapering, very tender piece of lean meat from the loin. May be sold in one piece or cut into thick slices which are sometimes "Frenched" (flattened) to make the slices larger and thinner.

**Cooking Methods*

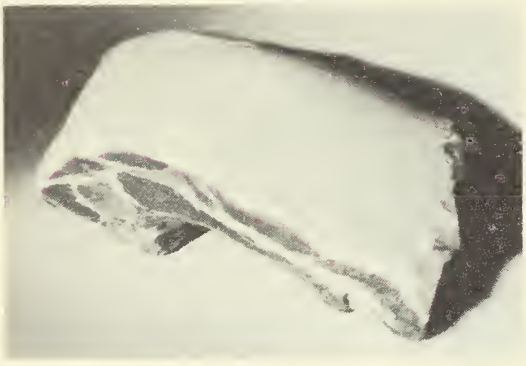
# FRESH PORK CUTS



## New York Shoulder

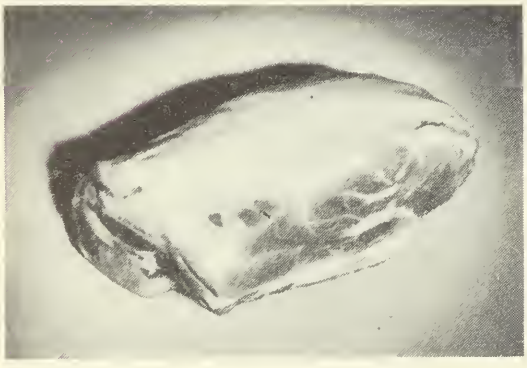
Shoulder from which skin and surface fat is removed from the butt end only. Shank is usually removed, jowl is trimmed off and neck and rib bones taken out. Usually divided and sold as picnic shoulder and Boston butt.

*Shoulders are known as New York or Montreal shoulders depending on the method of trimming.*



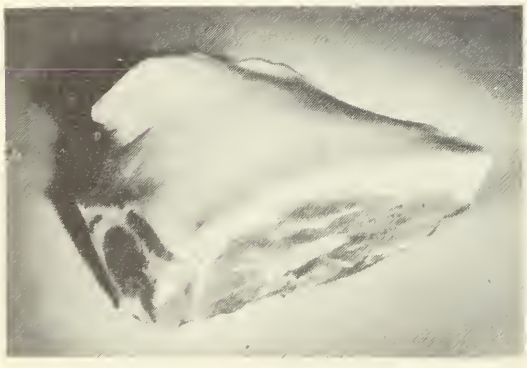
## Montreal Shoulder

Shoulder from which the skin is completely removed and only a thin layer of fat is left on. Shank is removed, jowl trimmed off but neck and rib bones are not taken out. Usually divided and sold as picnic shoulder and Boston butt.



## Boston Butt *(Roast)**

From the upper part of the shoulder. Contains a portion of the blade bone and has a thin layer of surface fat. May be boned.

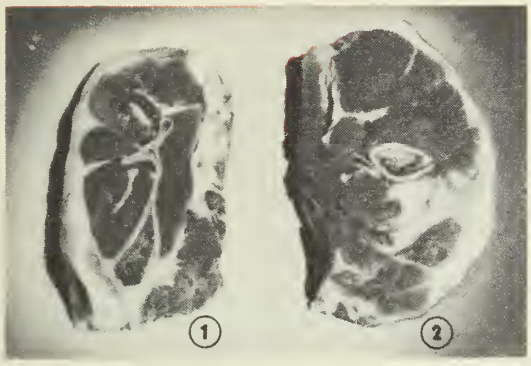


## Picnic Shoulder *(Roast)**

The lower part of the shoulder. Skin is left on if cut comes from New York shoulder. Contains round bone which may be removed leaving a pocket for stuffing. May be sold with shank on or off.

**Cooking Methods*

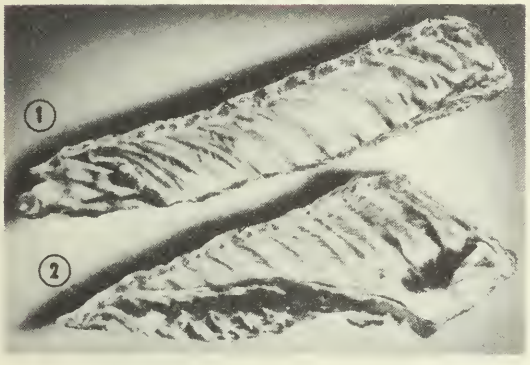
# FRESH PORK CUTS




## Shoulder Chops
*(Panfry, Bake, Braise)**

**(1) Blade Chops**—Cut from the Boston butt. Most chops contain a portion of blade bone.

**(2) Round Bone Shoulder Chops**—Cut from the picnic shoulder. Contain small round bone and are finer grained than blade chops.

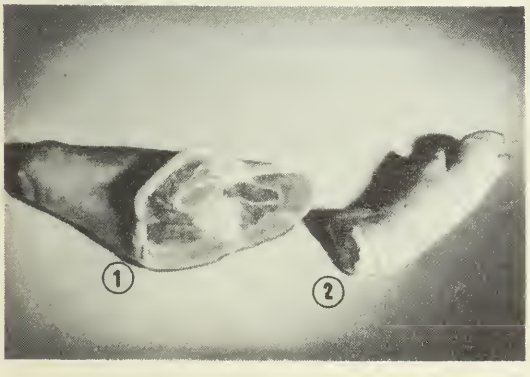



## Spareribs
*(Bake, Pressure Cook)**

**(1) Loin (Back) (2) Side**—Contain ends of ribs and breast bone. There are two types—loin (back) and side ribs named from the section from which they are taken. The back ribs have more meat in proportion to bone than the side ribs. May be sold fresh or pickled.

## Neck Bones, Riblets *(Boil)**

Neck and rib bones removed in trimming a New York shoulder.




## Hocks, Pigs Feet *(Boil)**

**(1) Hocks**—From the front leg. Round tapering cut containing shank bones. May be sold fresh or pickled.

**(2) Pigs Feet**—Contain bone and tendons of feet and ankles with very little meat. May be sold fresh or pickled.

**Cooking Methods*

# HOW TO COOK PORK Roasts

All cuts of fresh pork are tender enough to be roasted.

Roast uncovered in oven to the *well-done* stage (internal temperature 185°F. as indicated on a meat thermometer). The cooked meat should be greyish white in color with no trace of pink, particularly near the bone, and should be fork tender.

Score the rind or remove it before roasting.

Season halfway through cooking.

Serve with gravy.

Roasting times are based on the temperature of the meat (40°F.) when taken from the refrigerator.

## Roasting Timetable

(325°F. Oven)

| | WEIGHT (pounds) | MINUTES PER POUND |
|---|---|---|
| Leg, Shank | 6 to 8 | 40 to 45 |
| Leg, Butt | 5 to 7 | 45 to 50 |
| Loin | 3 to 4 | 40 to 45 |
| | 5 to 7 | 35 to 40 |
| Shoulder (Picnic, Boston butt) | 3 to 4 | 55 to 60 |
| | 5 to 7 | 40 to 45 |
| Rolled Shoulder | 3 to 5 | 55 to 60 |

**NOTE:** Allow the longer times for lighter weight roasts and the shorter times for heavier roasts.

- To cook frozen roasts—
  Thawed—cook as fresh.
  Unthawed—increase cooking time by half that required for fresh; e.g., if a fresh roast takes 40 minutes per pound, a frozen roast will require 60 minutes per pound.

## Seasonings for Pork

For special flavor, sprinkle or rub into the cut surface of the pork before cooking, any of the following seasonings: sage, thyme, oregano, paprika, cloves, chili powder, marjoram, dry mustard, garlic.

Add sage or savory, onion, parsley and chopped apple to stuffing for roasts.

## Serve with Pork

Applesauce or spiced apples, broiled or sautéed apple rings.

Apple or currant jelly, cranberry sauce or relish.

Pickled peaches, crabapples or mustard pickles.

Baked beans, heated or cooked around the roast.

# HOW TO COOK PORK Chops, Steaks

All pork chops and leg steaks are tender enough to panfry (covered) or bake. Shoulder chops and leg steaks may be braised in a well-seasoned gravy.

Before cooking, snip fat edge of meat. Remove rind from round-bone shoulder chops. Season after browning. Cook to the *well-done* stage. The cooked meat should be greyish white in color with no trace of pink and should be fork tender. Make slit in meat near bone to check doneness.

Cooking times are based on the temperature of meat (40°F.) when taken from refrigerator.

## PANFRY — chops, steaks

Rub hot pan with fat cut from pork or, if meat is lean, add a small amount of fat. Brown over moderate heat allowing 3 to 4 minutes each side. Pour off excess fat. Turn meat, cover and continue cooking slowly over low heat:

| | |
|---|---|
| 1-inch chops | 8 to 10 minutes each side |
| ½-inch chops | 4 to 6 minutes each side |
| 1-inch steaks | 12 to 14 minutes each side |
| ½-inch steaks | 8 to 10 minutes each side |

- To panfry frozen chops, steaks—
  Thawed—panfry as fresh.
  Unthawed—increase panfrying time by half that required for fresh.

## BAKE — chops, steaks

Rub hot pan with fat cut from pork or, if meat is lean, add a small amount of fat. Brown over moderate heat allowing 3 to 4 minutes each side. Pour off excess fat. Turn meat and place uncovered in the center of moderately slow oven (325°F.). Bake:

| | |
|---|---|
| 1-inch loin and rib chops | 10 to 12 minutes each side |
| 1-inch shoulder chops | 16 to 18 minutes each side |
| 1-inch steaks | 26 to 28 minutes each side |

*Breaded chops* — Coat with seasoned flour and dip into slightly beaten egg mixture (2 tablespoons water to 1 egg). Roll in fine, dry bread crumbs. Bake as above.

*Stuffed chops* — To stuff 1-inch chops before baking, cut a slit along the outer fat side of the chop almost to the bone. Fill this pocket with well-seasoned dry, bread stuffing. Skewer and bake as above.

*Stuffed chop roast* — Make about 3 cups well-seasoned, dry bread stuffing. Brown six ½-inch rib chops well on each side. Place chops fat side up in a greased loaf pan, alternating chops and stuffing. Skewer or tie chops and stuffing together as a roast. Bake in center of a moderately slow oven (325°F.) 1¾ to 2 hours. 6 servings.

- To bake frozen chops, steaks—
  Thawed—bake as fresh.
  Unthawed—increase baking time by half that required for fresh.

# HOW TO COOK PORK Chops, Steaks

## BRAISE — shoulder chops, steaks

Brown pork in a small amount of fat over moderate heat allowing 3 to 4 minutes each side. Season with salt and pepper. Sprinkle both sides lightly with flour and brown again. Add water or vegetable liquid to a depth of one-quarter inch and stir well. Add more liquid if necessary during cooking. Cover closely and cook slowly on top of stove or in center of moderately slow oven (325°F.). Braise:

| | |
|---|---|
| 1-inch shoulder chops, steaks ..... | 28 to 30 minutes each side |
| ½-inch shoulder chops, steaks ..... | 24 to 26 minutes each side |

- To braise frozen chops, steaks—Thaw and braise as fresh.

### Baked Pork Tenderloin

Split lengthwise 2 whole tenderloins (½ to ¾ pound each). Spread open and cover one tenderloin with bread or apple stuffing. Place second split tenderloin on top and skewer or tie. Place two or three strips of bacon or pieces of fat pork over the top. Roast on rack in shallow pan in center of moderately slow oven (325°F.) 1¼ to 1½ hours. 4 to 6 servings.

### "Frenched" Pork Tenderloin

Cut 1½ pounds tenderloin in pieces 2-inches long. "French" (flatten) pieces into patties ½-inch thick. 6 servings (2 to 3 patties per serving).

*Braise*—Brown patties in a small amount of fat over moderate heat allowing 3 to 4 minutes each side. Season with salt and pepper. Sprinkle both sides lightly with flour and brown again. Add liquid (water, tomato juice, dilute mushroom soup or dilute sour cream) to a depth of one-quarter inch and stir well. Add more liquid if necessary during cooking. Cover closely and cook slowly on top stove or in center of moderately slow oven (325°F.) 15 to 17 minutes each side.

*Panfry*—Coat patties with seasoned flour. Brown in a small amount of fat over moderate heat allowing 3 to 4 minutes each side. Turn patties, cover and cook slowly over low heat 7 to 8 minutes each side.

*Bake*—Coat patties with seasoned flour. Brown in a small amount of fat over moderate heat allowing 3 to 4 minutes each side. Turn patties and place in center of moderately slow oven (325°F.) 12 to 15 minutes each side.

### Barbecue Sauce

Mix 2 tablespoons brown sugar, with 1½ teaspoons dry mustard, ½ to ¾ teaspoon chili powder, 1 teaspoon salt and ⅛ teaspoon pepper. Add 1½ tablespoons spicy meat sauce, 3 tablespoons vinegar, ¾ cup finely chopped onion and 3 cups tomato juice. Simmer 10 minutes. Makes 3 cups.

## Baked Spareribs

Use 2 pieces side spareribs (1½ pounds each). Sprinkle with salt and pepper. Place one piece, hollow side up, on rack in shallow roasting pan. Spread with well-seasoned bread or apple stuffing. Cover with second piece placed hollow side down. Skewer or tie ribs together. For individual servings cut spareribs in 3-inch pieces, 5 to 6 ribs each, stuff, roll and tie. Bake uncovered in center of a moderately slow oven (325°F.) 2 hours. 4 to 6 servings.

## Barbecued Spareribs

Use 3 pounds side ribs or 1½ to 2 pounds back ribs. Cut in 3-inch pieces, 3 ribs each. Place on rack in roasting pan. Bake in center of very hot oven (425°F.) 30 minutes. Pour off fat. Remove rack and cover with 3 cups Barbecue sauce (page 10). Reduce oven temperature to 325°F. and continue baking 1½ hours. Baste several times with sauce. 4 servings.

*To pressure cook:* Brown spareribs well in a small amount of fat, about 10 minutes. Add ¼ cup water and cook 10 minutes in a pressure saucepan at 15 pounds pressure. Allow pressure saucepan to cool slowly. Place ribs on rack in roasting pan and baste with 1 cup Barbecue sauce. Brown 10 minutes under preheated broiler with ribs about 6 inches from heating unit. Baste several times with sauce.

NOTE: Pickled spareribs may be used in above recipes in place of fresh. Soak them overnight in cold water to cover, wipe dry and cook as for fresh.

## "Boiled" Pork Hocks

3 pounds pork hocks
6 to 8 cups hot water
½ cup sliced onion
1 tablespoon salt
1 tablespoon mixed pickling spice
2½ cups drained sauerkraut (28 ounce can) *OR*
1 small cabbage

Scrub pork hocks well. Cover with hot water. Add sliced onion and seasonings. Cover closely and simmer on top of stove 1½ to 1¾ hours. Skim off fat and strain cooking liquid. Add 1 cup cooking liquid and sauerkraut or cabbage to pork hocks. Simmer 10 to 12 minutes. Arrange sauerkraut or cabbage around pork hocks. 6 servings.

*To pressure cook:* Follow above recipe using only 1½ cups water. Cook hocks 30 to 35 minutes in pressure saucepan at 15 pounds pressure. Allow pressure saucepan to cool slowly. Add sauerkraut and simmer 10 to 12 minutes in about 1 cup strained cooking liquid *OR* add cabbage and cook 1 minute at 15 pounds pressure.

## Sausages

Sausages are available on the market in many forms. They are sold fresh, smoked, or cooked. They are made from a mixture of pork and pork fat or a mixture of beef, pork and fat with added salt, spices, cereal and water. The cereal and moisture content must comply with Food and Drug Regulations.

Fresh sausage may be sold in casings, skinless or in bulk. The "Country style" or "Farmer's sausage" is made from coarsely ground pork packed into a large casing which is not linked.

When first made, sausages are bright pink in color turning to grey on exposure to air. Since they are made from uncooked meat, they must be kept refrigerated.

### How to Cook Fresh Sausages

Since sausages shrink considerably, owing to their high proportion of fat, they should be cooked slowly over moderate heat to reduce shrinkage.

*Panfry*—Place sausages in cold pan and brown over moderate heat 20 to 25 minutes. Turn occasionally. Pour off fat as it collects. Sausages in casings may be parboiled 5 to 10 minutes before browning, in enough water to cover.

*Bake*—Bake uncovered in the center of moderately slow oven (325°F.). Turn when first side is browned. Bake 30 to 35 minutes; "Country style" 40 to 45 minutes.

*Broil*—Preheat broiler. Place sausages on cold rack of broiler pan so that sausages are 6 inches from heating unit, about center of oven. Broil 4 to 6 minutes each side.

### Sausage Patties

Make sausage meat into 3-inch patties, ½-inch thick. Brown lightly over moderate heat 1 to 2 minutes each side. Pour off fat. Cover and cook slowly over low heat 8 to 10 minutes each side.

## Wieners

Wieners are made from beef and pork or all beef with a blend of spices and seasonings. They are smoked in the casing and are fully cooked.

*To heat:* Place in boiling water to cover. Do not prick. Simmer over low heat 4 to 6 minutes.

*Broil:* Preheat broiler. Place on cold rack of broiler pan so that wieners are about 6 inches from heat. Brush with fat or baste with Barbecue sauce. Broil about 6 minutes.

Wieners may be split lengthwise and stuffed before broiling with one of the following: processed cheese, pickle, chili sauce, prepared mustard or baked beans *OR* wrapped with bacon before broiling.

# CURED AND SMOKED PORK CUTS

## Ham *(Bake)**

**(1) Shank (2) Butt.** The ham is a leg of pork which has been cured and smoked. It may be left whole, divided into shank and butt, cut lengthwise or sliced as ham steaks. Hams are sold bone-in or boneless. Skin may be partly or completely removed. They may be partially or completely cooked.

## Boneless Ham *(Bake)**

Boneless hams may be sold in transparent casings.

## Cooked Ham

Cooked hams are cured, boned, skinned and trimmed. They are then pressed into special containers, completely cooked, chilled and wrapped, or processed in cans.

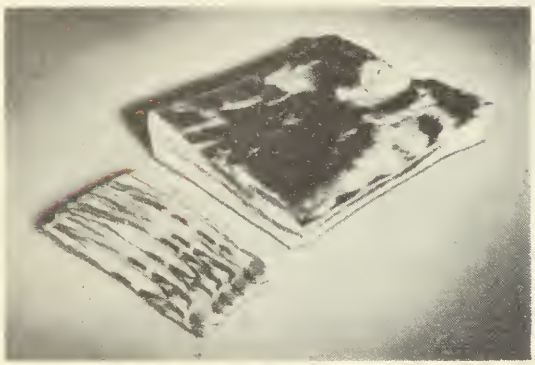
## Back Bacon

*(Panfry, Broil, Bake)**

The back (loin) from which the surface fat, tenderloin and bones are removed. It is cured and smoked, sold in the piece or sliced, with or without the casing. "Peameal" bacon is back bacon cured but not smoked and is rolled in cornmeal.

**Cooking Methods*

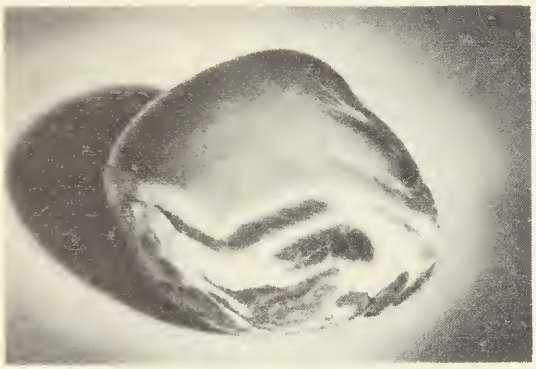
## CURED AND SMOKED PORK CUTS



### Side Bacon

*(Panfry, Broil, Bake)**

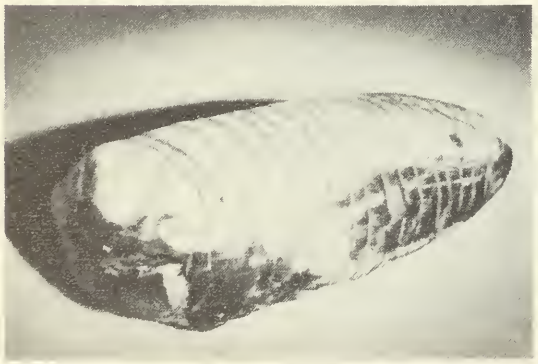
Boneless side trimmed into a rectangular piece, cured, smoked and sold either in slabs or as sliced breakfast bacon.



### Picnic Shoulder

*(Bake, "Boil", Pressure Cook)**

The lower part of the shoulder which is cured, smoked and sold bone-in or boneless. May be sold with shank on or off.



### Cottage Roll

*("Boil", Pressure Cook, Bake)**

The butt end of the shoulder which is boned, cured and often smoked. When cured only, it is sold as sweet pickled roll and if rolled in cornmeal as "pea-meal" roll.

### Bacon Squares *("Boil")**

Jowls which are trimmed, cured and smoked. Very fat.

**Cooking Methods*

# CURED AND SMOKED PORK

Cured, smoked pork cuts are given varying degrees of "tenderizing" during the smoking process. Some may be fully cooked. It is wise to follow the cooking directions for the particular cut when they appear on the label. The following cooking directions are given only as a guide.

Many cured, smoked pork cuts are tender enough to be baked.

Bake on rack, uncovered in oven, to the well-done stage (internal temperature 170°F. as indicated on a meat thermometer). The cooked meat will become a light pink color and should be fork tender.

The casing is best left on during cooking.

Glaze if desired.

Baking times are based on the temperature of the meat (40°F.) when taken from refrigerator.

## Baking Timetable

(325°F. oven)

| | WEIGHT (pounds) | MINUTES PER POUND |
|---|---|---|
| Whole ham | 13 to 15 | 20 to 25 |
| Ham (boneless) | 9 to 12 | 25 to 30 |
| Half ham (shank or butt) | 5 to 8 | 30 to 35 |
| Half ham (boneless) | 4 to 6 | 35 to 40 |
| Picnic shoulder | 5 to 7 | 35 to 40 |
| Picnic shoulder (boneless) | 3 to 5 | 40 to 45 |
| Cottage roll (pickled, smoked) | 4 to 6 | 35 to 40 |
| Midget pork roll | 3 to 4 | 45 to 50 |

**NOTE:** Allow the longer baking times for lighter weight cuts and the shorter times for heavier cuts.
When cooking picnic shoulders, cottage rolls and midget rolls in the oven, a covered pan may be used and ½ cup water added.
Hams marked as "ready-to-serve", "ready-to-eat" etc. may be heated in a 325°F. oven 10 to 15 minutes per pound before serving.

## Ham Glaze

Remove rind or casing from cooked meat. Cut gashes diagonally in the fat, about ¼-inch deep, to form diamonds. Spread with glaze and stud with cloves. Bake in very hot oven (425°F.) 15 minutes, basting once or twice with glaze.

*To make glaze:* Combine 1 cup brown sugar, 2 teaspoons dry mustard, 3 tablespoons flour and moisten with 3 tablespoons vinegar. Spread glaze over meat (makes enough for a half ham).

Instead of the glaze, the meat may be basted with maple syrup, honey, apple jelly or fruit juice during cooking.

## Picnic Shoulders and Cottage Rolls

Picnic shoulders and cottage rolls may be cooked in water. Add hot water to cover meat. Cover and simmer slowly until tender and well done (internal temperature 170°F. as indicated on a meat thermometer). Boil:

| | Minutes per pound |
|---|---|
| 5 to 7 pound picnic shoulder | 30 to 35 |
| 4 to 6 pound picnic shoulder (boneless) | 35 to 40 |
| 4 to 6 pound cottage roll (pickled, smoked) | 35 to 40 |

*To pressure cook:* Add 1 cup water to pressure saucepan. Cook meat at 15 pounds pressure for required time. Allow pressure saucepan to cool slowly. Pressure cook:

| | Minutes per pound |
|---|---|
| 5 to 7 pound picnic shoulder | 16 to 18 |
| 4 to 6 pound picnic shoulder (boneless) | 20 to 22 |
| 4 to 6 pound cottage roll (pickled, smoked) | 18 to 20 |

## How to Cook Ham Steaks

Cured and smoked ham steaks are tender enough to panfry, broil or bake.

Before cooking snip fat edge of meat. Cook to the well-done stage. The cooked meat will become a lighter pink color and should be fork tender.

Cooking times are based on the temperature of meat (40°F.) when taken from refrigerator.

*Panfry*—Brown steak over high heat 1 to 2 minutes each side. Turn steak, cover and cook slowly over moderate heat. Panfry:

| | |
|---|---|
| 1-inch steak | 8 to 10 minutes each side |
| ½-inch steak | 6 to 8 minutes each side |

Add 1 to 2 tablespoons maple syrup after turning.

*Broil*—Preheat broiler. Place ham steak on cold rack of broiler pan so the top of the meat is 3 inches from heating unit. Broil:

| | |
|---|---|
| 1-inch steak | 9 to 10 minutes each side |
| ½-inch steak | 4 to 5 minutes each side |

Glaze with Ham Glaze (page 15) after turning.

*Bake*–Stick several cloves in steak fat if desired. Place steak in shallow baking pan. Spread with Ham Glaze. Place in center of moderately slow oven (325°F.) Bake:

| | |
|---|---|
| 1-inch steak | 50 to 55 minutes |
| ½-inch steak | 25 to 30 minutes |

½ cup apple juice may be added halfway through cooking.

## Bacon

*Side Bacon*

Side bacon which is cured and smoked is usually sold as sliced breakfast bacon, rind on or rindless, in half-pound or one-pound packages. It may also be cured but not smoked and sold in pieces.

Bacon may be purchased by brand name. Many companies have two or more brands which represent differences in quality (i.e. the proportion of lean to fat, uniformity of slice and type of cure).

Side bacon even of high quality has a fairly high proportion of fat to lean. The fat is firm and white and the lean is deep pink to reddish-brown in color. The flavor may vary with the type of cure.

*Back Bacon*

Back bacon which is cured and smoked is sold in the piece or sliced, with or without casing. "Peameal" bacon is back bacon cured but not smoked and is rolled in cornmeal. It is a deep pink color, leaner than side bacon and usually higher priced.

*Storing* —Bacon should be well wrapped and kept in the refrigerator. Bacon drippings may be stored in a covered jar in a cool place and should be used within two weeks for panfrying.

### How to Cook Bacon

Since bacon shrinks considerably owing to its high proportion of fat, it should be cooked slowly over moderate heat to reduce shrinkage. If overcooked, it will become hard and very crisp.

*Panfry*—sliced side and back (smoked or peamealed)

Place bacon slices in a cold pan and separate slices so that they will be flat in the pan. Cook slowly over moderate heat until well browned, 6 to 8 minutes. Turn bacon often during cooking. For more uniformly cooked slices, pour off the fat as it collects. Drain on absorbent paper.

*Broil*—sliced side and back (smoked or peamealed)

Preheat broiler. Place bacon on cold rack of broiler pan about 3 inches from heating unit. Broil 2 to 3 minutes each side.

*Bake*—back (smoked or peamealed)

Bake on rack, uncovered, in center of moderately slow oven (325°F.) until well done and fork tender, about 50 minutes per pound.
If smoked, the baked bacon may be glazed with Ham Glaze (page 15).

# CANNED PORK

A wide variety of canned meats is now appearing on the market in consumer size tins. They are ready to heat, to chill and serve, or to "dress up" in innumerable ways.

Canned meats are so easy to buy, use and store that they are becoming a popular staple food. Trimming, boning and cooking is done before the meat is placed in the can so that every ounce of meat is usable.

Check the label on the can for the ingredients, weight, approximate number of servings and suggestions for use. Look for the government inspection stamp — it guarantees the wholesomeness of the product.

Canned pork products include luncheon meats, hams, bacon, sausage, picnics, sandwich spreads, baby meats, etc.

*Storing:*—Most canned pork may be kept at room temperature. Some canned hams, however, require refrigeration and are labelled "keep under refrigeration". When canned pork is opened, treat it the same as other cooked meat — cover and store it in the refrigerator.

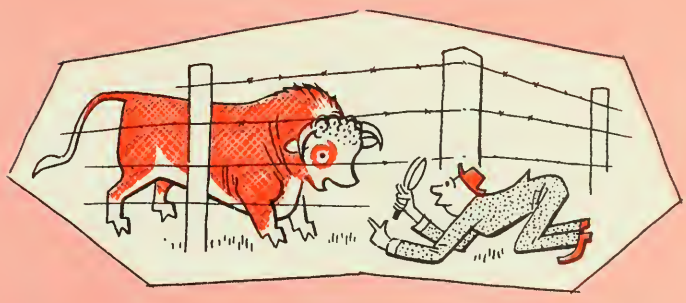
*Serving:*—Since all canned pork is thoroughly cooked, it is ready for slicing and serving for sandwiches, salads, snacks or cold meat trays. Chill for 1 or 2 hours before opening for easier slicing. Canned pork may also be heated and served alone or in casseroles.

## NEW AT THE PORK COUNTER

From the wide variety of pork cuts displayed at the meat counter today, the housewife can find a cut of the type and weight to suit any size family.

- Fresh pork cuts are available both bone-in and boneless. Boneless shoulders, loins, and chops are recent innovations.
- Smoked and cured cuts are now sold in smaller cuts and packages to the small family.
- Hams, picnics, cottage rolls, are sold in halves or small pieces.
- Midget rolls (from the ham section) and pork rolls (from the loin) are boneless, smoked, and sold in casing.

# MEAT INSPECTION
## for your protection



MEAT inspection is a guarantee that meat which has been health inspected and passed by Federal Government inspectors is wholesome and fit for human consumption. It is compulsory that meat for interprovincial, foreign or import trade be health inspected in this way. Meat sold within the province in which it is produced may or may not be federally inspected. It is estimated that more than 70 per cent of Canada's meat supply is federally inspected. Some provinces and municipalities have their own regulations requiring the inspection of meat sold within the province or municipality.

All animals entering federally inspected plants are inspected before and after slaughter. This is done under the constant supervision of the inspectors who are qualified veterinarians employed by the Canada Department of Agriculture. They examine each animal for disease before slaughter and all parts including internal organs and glands of every carcass after slaughter. The meat is reinspected during storage and when it leaves the plant. The inspection system also checks the maturity of calves. If not considered sufficiently mature to be sold as veal, they are condemned by the veterinarian.

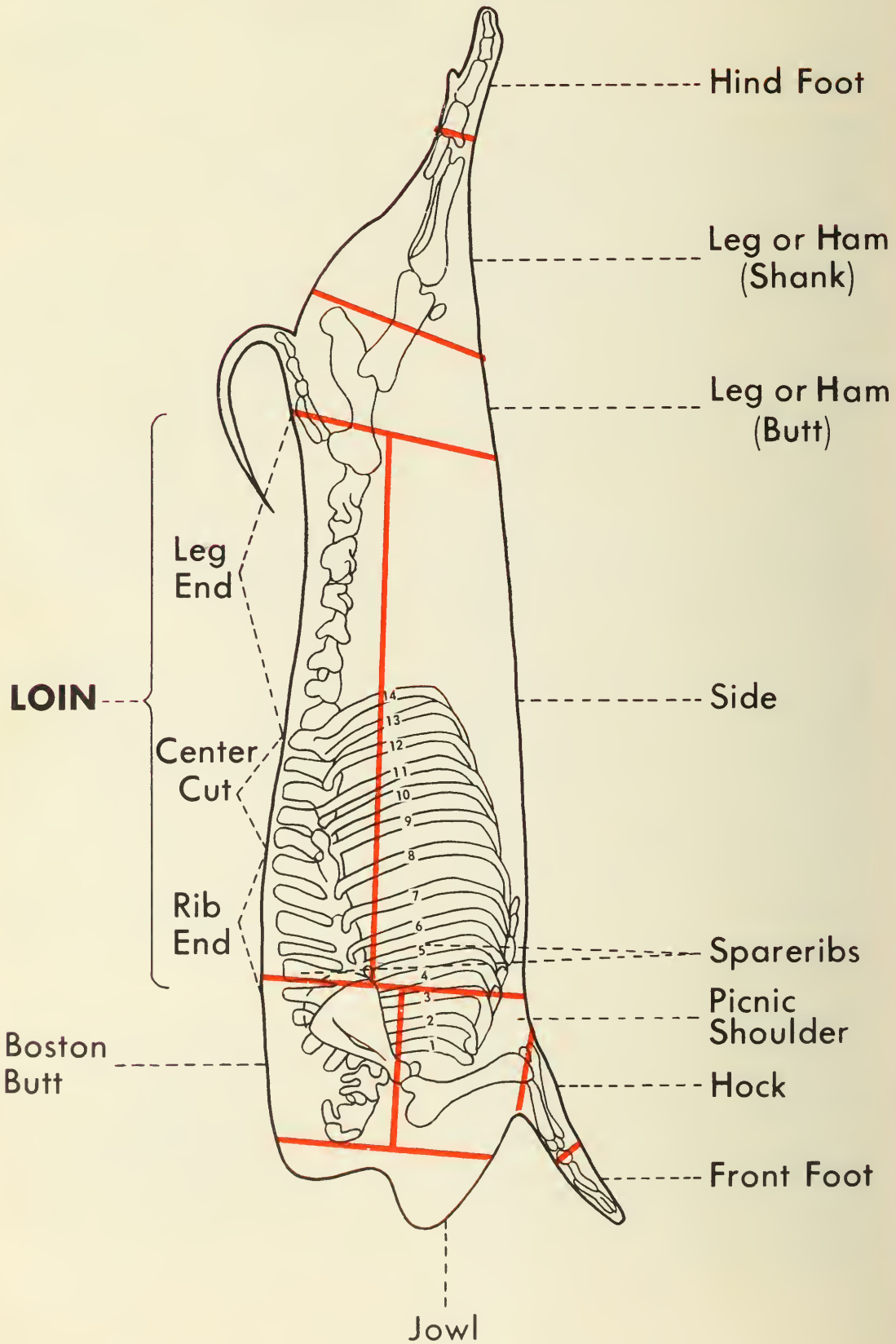
Once a carcass has been health inspected and passed for human consumption, it is stamped with a health inspection stamp in several places usually on each wholesale section. The stamp does not indicate quality or grade but indicates that the meat is fit for human consumption. The stamp is round, brown in color with a pattern of the crown in the center and bears the words "Canada Approved". A harmless vegetable dye is used for stamping and need not be cut off before cooking.

Through its inspectors, the Federal Government closely controls facilities which ensure the sanitary preparation, handling and storing of meat and meat products.

Meat inspection is also carried out in the processing departments of the meat packing plants. Meat used in the making of sausage, wieners, prepared and canned meats, etc. is also inspected. This guards against possible contamination from improper handling of the meat and against adulteration or the addition of harmful preservatives. The inspection stamp is included on the label of all federally inspected products such as canned and packaged meat. The stamp is burned into smoked pork and, although not readily discernable, into liver, hearts, tongues and oxtails.

Standards have been established and are administered by the Food and Drug Directorate, Department of National Health and Welfare, as to what spices, preservatives and stabilizers are permitted in prepared meat products such as sausage, headcheese and bologna. The amount of meat binder and moisture content is specified and, in the case of hamburg, the kind of meat and the fat content. The labelling of these products is also checked to see that it is informative and not deceptive.

# PORK CHART


Hind Foot
Leg or Ham (Shank)
Leg or Ham (Butt)
Leg End
LOIN
Center Cut
Rib End
Side
Spareribs
Picnic Shoulder
Boston Butt
Hock
Front Foot
Jowl
14
13
12
11
10
9
8
7
6
5
4
3
2
1